

The Milk Carton Challenge

- Download the template for a 1/2 gallon or 1-quart cardboard milk cartons.
- Carefully open the top of your milk carton.
- Cut and paste (or tape) the four panels of information to the carton (covering them with tape will make them somewhat waterproof).
- Follow the instructions for making your fermented food waste.
- Now that you are an experienced fermenter, you can make additional cartons to give away.

While this is a small amount of food waste that is no longer being wasted, you can have a far larger impact by getting others to do their small part as well. If we all do a little something and spread the "word," we can "crowdsource" the benefits.

Most people do not even know how much usable food waste they throw away.

Once they gain awareness, they will now have a solution to the problem. This will benefit the soil and the earth's health, as well as our own. You are helping the world, one banana peel at a time.



Visit <https://sites.google.com/view/averylowtech> or use the QR Code to find the carton templates and learn much more about fermenting food waste. There is a contact page on the site if you have questions.

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